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Winona State's dance team preformed in Halloween costumes during halftime at Saturday's football game against Wayne State College.

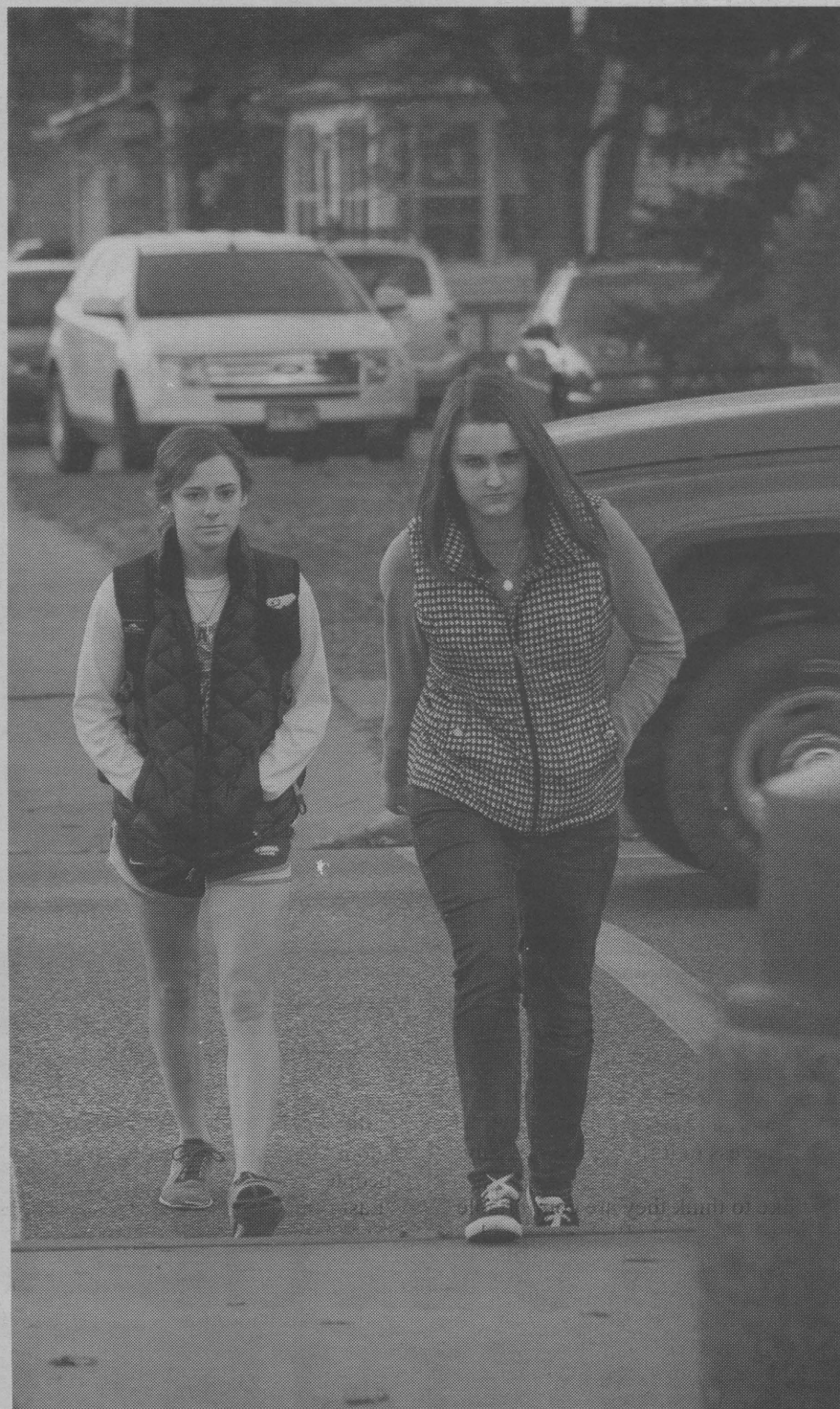
PHOTO BY JACOB STRIKER

PHOTO SPREAD: HALLOWEEN WEEKEND AT WINONA STATE

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NEWS

Winona State community addresses pedestrian safety



Sophomores Emily Schumacher and Amanda Wolf cross Huff Street on their way to Winona State's main campus.



PHOTO BY TAYLOR NYMAN
Photo Editor
tnyman12@winona.edu

In light of recent accidents involving pedestrians and vehicles in Winona, the Winona State University community has tried to combat the issue through new initiatives and continuing precautions.

The university held its second pedestrian safety event on Sept. 16 at various locations in Winona, safety director Erin Paulson said. Paulson is also involved in the Winona Chamber of Commerce transportation committee representing Winona State.

"One of the many goals of that committee involves pedestrian safety," Paulson said. "They were concerned about getting their goods moved through town on our truck routes and roads in an efficient manner, but then also part of that is finding a way to deal with pedestrian issues as well because that impacts businesses moving their goods."

The conversations surrounding pedestrian safety have been discussed throughout Winona for years but have been made more significant since Winona State sophomore Britney Nelson was struck by a car on Oct. 19 at approximately 9 p.m.

Nelson was on her way to meet with her friends Sydney Lund and Kailee Fischer that night.

"We got worried after she was taking so long. I called her roommate to see if she was at the house, and she told me no," Lund said. "Then her roommate Alannah [Evelius] called me back and said someone was hit by a car on Broadway, and my roommate and I ran to the scene."

As of Monday, Nov. 2, Nelson has been moved to Hennepin County Medical Center Knapp Rehabilitation Center and has begun physical therapy sessions, a CaringBridge journal entry online states.

Paulson said the committee discussed the pedestrian safety issue a few years ago, and what they could do from a pedestrian safety standpoint. Paulson found a Minnesota Department of Transportation (MnDOT) pedestrian safety campaign that was already developed to implement at Winona State.

"They were willing to just come down, help us get it set up, give us the materials," Paulson said. "They were good materials that focused on drivers and pedestrians, so we weren't reinventing the wheel."

Members from the Winona Area Safety Council, Paulson and students from various groups on Winona State's campus volunteered

at the event. They chose intersections that were busy from both a pedestrian and driver perspective. At the intersections, they carried banners and escorted pedestrians across the road.

They also asked the pedestrians if crossing roads was concerning to them, if they had any close calls and what they could do to make crossing safer. They also handed out cards with suggestions on it for crossing more safely.

"It just got the conversation going," Paulson said. "After it was done, we kind of just weighed feedback. What did people in the community think? What did people on campus think? Was it positive? And decided it was worth doing again, so we repeated it again."

This year the group added the intersection near Winona Senior High School because it was a different area of town with a different neighborhood.

Paulson said she was not sure if the event would continue next year, but the feedback was positive.

"Hopefully it will be a thing that gets continued," Paulson said. "There was no true educational piece like, 'Here's the exact wording of the law.' That wasn't the point. It was just discussion of what works and what doesn't."

Paulson's advice for pedestrians to walk safer is to stop at every crosswalk and make eye contact with the drivers from both directions.

"Look both ways more than once because as everybody knows visibility is tough when cars park quite close to the intersection, so you have to be careful. You have to peer out ahead of the cars. You can't just keep your pace and head across," she said.

Motorists should be aware and have it in the back of their mind when they come to intersections there could be pedestrians approaching, Paulson said.

"Slow down, be aware, keep your eyes off the phone, off the radio," Paulson said. "Eye contact with the pedestrians is helpful for drivers as well."

Lund said she believes something should be done to improve pedestrian safety and avoid accidents like Nelson's.

Continued on page 5, see Safety.

Let's talk about sex: Students provide safety tips



Sexual health awareness club member Julia Rodriguez (left) and president Kyler Steffe (right) hosted sex trivia and provided safe sex kits for students on Wednesday, Oct. 28 to promote and educate safe sex.

PHOTO BY SARA TIRADOSSI

Winona State University's sexual health awareness club hosted interactive group trivia Wednesday, Oct. 28 to engage students on how to make safe sexual choices.

The club is comprised of students who promote, educate and positively influence others on sexual health.

President Kyler Steffe said the event provided safe sex kits and valuable information about reproductive health among college students.

"This event wanted to promote that reproductive health is very fun and exciting," Steffe said. "As a club, we strive to provide current factual information on how to have safe sex and how to have that respect and care for your own body when it comes to sex."

Steffe said the event benefitted students because they received educational material

about decisions regarding their own health and were also challenged on what they already knew about their sexual health.

"The sex trivia that we offer is a different approach for the students to get the resources on sexual health," Steffe said.

Club member Julia Rodriguez said there were more upper-level students than first-year students because they are more comfortable talking about sex.

"More older females stopped by than males at the sex trivia," Rodriguez said. "That brings up an interesting topic about sex around gender."

Rodriguez said a lot of people are unwilling to talk about sex, and in today's society sex is a very stigmatized topic, even if it is something of primary interest from society.

"There is definitely anxiety on having the sex talk," Rodriguez said. "But the

people who stopped today and wanted to participate in the conversation were able to talk about it very openly."

Steffe said during the trivia, it was easy to tell that a lot of the participants were shy to express their thoughts and feelings on the subject. But she said the information was very important and students should easily have access to it if they are sexually active.

People like to think they are comfortable enough to talk about sex, Rodriguez said, because of today's "hook up" culture on college campuses, but it is often hard to engage in that talk fearlessly.

"The more this topic is discussed, the more comfortable it will be," Rodriguez said. "If you don't know anything about your sexual health or your own reproduction system, I could see how it is a hard topic to talk about."

Steffe said the event benefitted students because they received educational material about decisions regarding their own health and were also challenged on what they already knew about their sexual health.

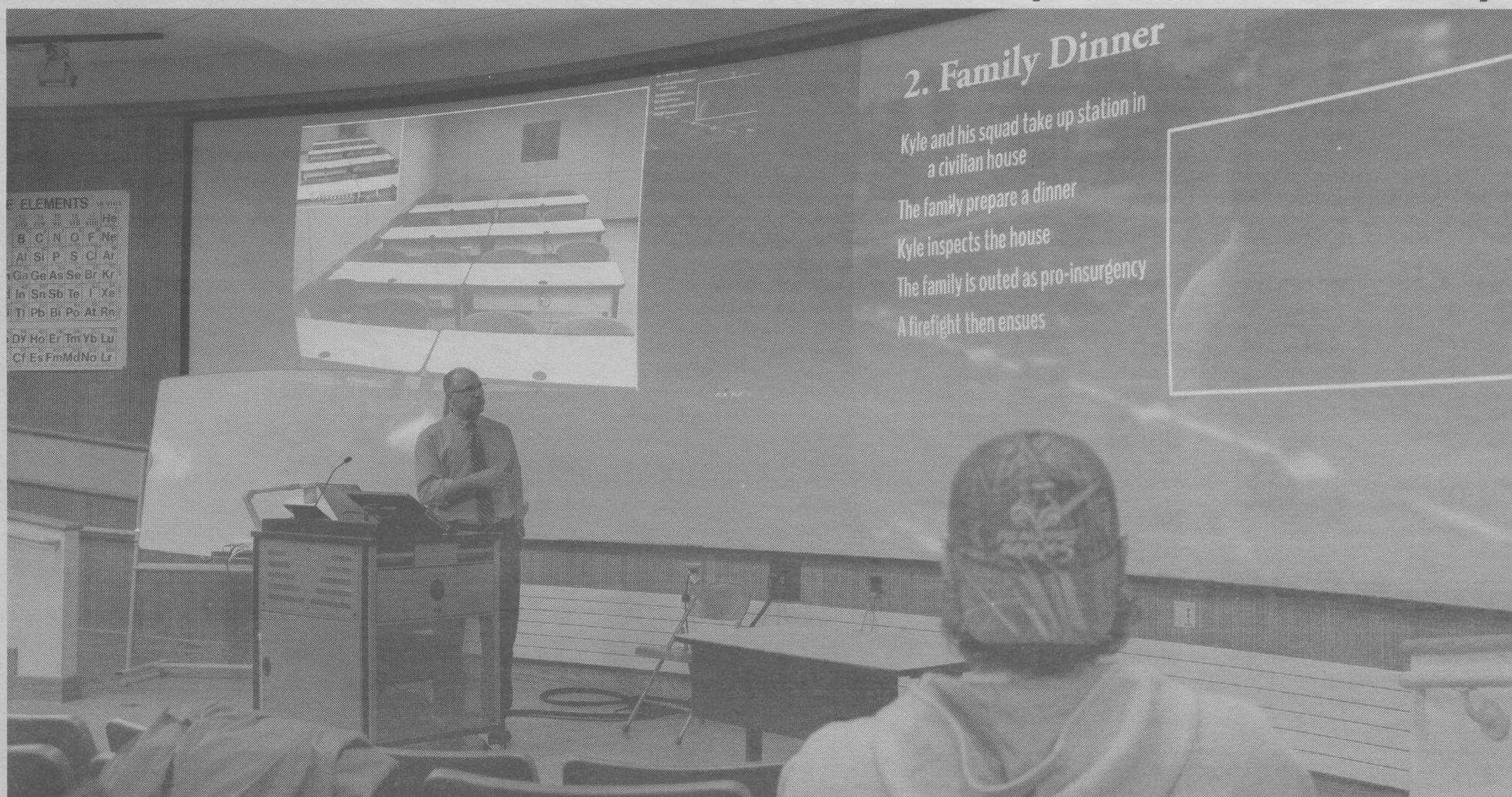
Sex trivias are not the only activities that the club organizes each semester. Steffe said the sexual awareness club plans also condom bingos, which usually attracts a lot of people.

"Last semester we hosted a huge condom bingo called Freasky Fest and almost 300 people showed up to get sex kits," Steffe said. "It was the first time our club experienced such a great response from the students."



BY SARA TIRADOSSI
news reporter
stiradossi13@winona.edu

Professor discusses American Sniper controversy



English and film studies professor Paul Johnson presents his CLASP talk, "Screening American Sniper on the 21st Century College Campus" on Wednesday, Oct. 28.



PHOTO BY SARAH MURRAY
Photographer
skmurray12@winona.edu

Paul Johnson, professor of film studies and English at Winona State University, hosted a CLASP lecture Wednesday, Oct. 28 to discuss the controversy surrounding the film American Sniper.

The 2014 film, directed by Clint Eastwood, tells the story of U.S. Navy sniper Chris Kyle. Kyle served four tours in Iraq and Afghanistan and became the deadliest sniper in U.S. military history with over 160 confirmed kills. In 2013, Kyle was killed at a gun range by a veteran suffering from PTSD.

Over the past six months, the film has gained notoriety among college campuses for controversy surrounding its depictions of Muslims.

According to Johnson, at least seven separate showings of the film have been protested by the Muslim students on their respective campuses.

"The film represents MENA and Muslim characters only as killers, insurgents,

terrorists and villains," Johnson said.

Junior Luke Peacock, who attended the lecture, said that while he found Johnson's points to be informative, he has some misgivings about the true meaning of the film.

"I understand where the controversy comes from, but I honestly think that it was more about the effects that war has on someone and how it doesn't affect just the men and women in the military," Peacock said. "I also think that it was a lot about PTSD and how it affects not just the person who has it."

Junior film studies student Jake Nielsen said the lecture alerted him to the problems in the film's Muslim depiction.

"Initially when I did see the film, I didn't really think that it was anti-muslim," Nielsen said. "However, seeing the presentation, I hadn't realized that there was only one Muslim family in the movie that was portrayed as good. I never really saw how one-dimensional every Muslim

character was."

It is this lack of positive Muslim depiction that allowed "American Sniper" to gain its notoriety, Nielsen said.

"While I understand that the film is taking place in a foreign country where the rebel units are overwhelmingly Muslim, I think that it's a bit unfair to make it seem that everyone is our enemy over there," Nielsen said. "That just leads to more of the horrendous Islamophobia that we've been seeing nowadays."

Eastwood, according to Johnson, made some changes to the plot of Kyle's autobiography. Events occurred out of order, or were even fabricated for the sake of a more coherent and interesting plot.

Nielsen said this was one of the most prominent takeaways from the lecture.

"As he pointed out, some of the biggest moments in the movie were complete fabrications," Nielsen said. "It's also worth noting that, in my opinion, they made Chris into a much more likable person. They got

rid of all the explicit hostility that he had towards the Muslims that was very present in the book."

Johnson said discussion of the film can be a positive experience for cultural inclusivity on college campuses.

"I hope the discussion of Sniper is relevant to WSU because we aim to be an inclusive, welcoming community," Johnson said. "If and when our popular culture depicts non-Americans in general or Muslims specifically as evil insurgents and terrorists, it's worth everyone's while to examine and discuss how our international students then see the U.S. as a country and a culture both."



BY NATHANIEL NELSON
news reporter
nlnelson13@winona.edu

In the know... with Student Senate

Progress made in street lighting issues, president presents concerns to city council

Winona State University Student Senate met for a short meeting last Thursday, but a pivotal step was made on the streetlight issue that has been gaining ground.

The Pedestrian Safety Resolution passed unanimously after a vote, but there is still a lot of work to be done according to Student Senate President Josh Hanson.

"The resolution that was passed was a great first step," Hanson said. "We have a lot of work to do with this city."

On Monday, Nov. 2 he presented the resolution to the Winona City Council to begin collaborating with the city to help prevent future incidents like the ones that have occurred in recent months. The City

Council unanimously approved the establishment of a working group of Winona State students and staff and City Council members and city staff.

Hanson also said it is important for students to maintain involvement with local government.

"I hope students will step up to the plate for that," Hanson said, "as a collective student body we have to be willing to advocate on behalf of ourselves."



BY BEN STRAND
news reporter
bstrand11@winona.edu

Safety, continued from page 2.

"I think improving the lighting and making flashing pedestrian signs would help a lot," Lund said. "Around campus, the lighting is better than on Broadway. The lighting could always be improved to help with safety."

Lund said she walks to campus for classes, and has not had any close calls. But she has seen people walk directly in front of cars near campus.

Sophomore elementary education student Keeana Pierre said she also knows Nelson well and that many intersections are very hard to see at night for both drivers and pedestrians.

"The residential areas need the most help since many students walk to and from campus," Pierre said. "I do not walk to campus daily, but I have seen many close calls when either drivers are not watching or pedestrians just believe the drivers will stop for them."

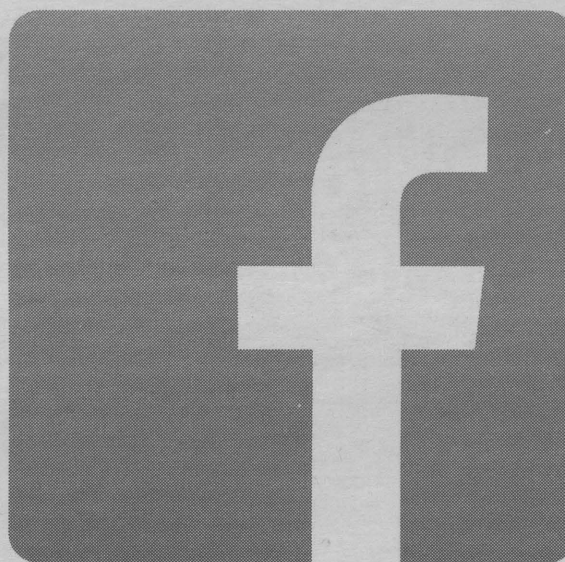
Pierre added the incidents bring awareness to the area and "that alone I think will help drivers be more cautious on the roads."

Pierre and Lund said they both signed the petition for brighter lights in Winona, which was started by Winona State student Kyle Strand.

The Winonan will continue to follow this developing story



BY JORDAN GERARD
news reporter/editor
jgerard11@winona.edu



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stories effecting Winona
State?

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Winonan on Facebook!

This week in Winona...

W **Conversation Partners**
Time: 5 to 6:30 p.m.
Place: Haake Hall
Conference Room
Contact: KSubra@winona.edu

4

Th **Film Screening: Dark Side of the Full Moon**
Time: 6:30 p.m.
Place: Science Laboratory
Center, Room 120
Contact: Department of nursing at 507-457-5120

5

F **Contact Improvisation Workshop**
Time: 2 to 4 p.m.
Place: Memorial Hall
Dance Studio
Contact: GCohenour@winona.edu

6

S **Hmong New Year**
Time: 6 to 8 p.m.
Place: Kryzsko Commons
East Hall
Contact: MVang14@winona.edu

7

S **Symphonic Wind Ensemble**
Time: 2 p.m.
Place: Performing Arts Center
Vivian Fusillo Main Stage Theatre
Contact: MLenhardt@winona.edu

8

M **Anxiety Management Seminars**
Time: 3 to 4:20 p.m.
Place: Integrated Wellness Complex
Room 267
Contact: EAlsaker@winona.edu

9

T **Pho Night**
Time: 5:30 to 8:30 p.m.
Place: Kryzsko Commons
East Hall
Contact: DYang@winona.edu

10

Winona State becomes new location for Minnesota OUT! Campus Conference

Whether it is a fraternity or sorority, politically based, writing intensive or even lifestyle related, Winona State University has an abundance of clubs.

One such club, full spectrum, formerly known as GLBTA partnership, began at Winona State about seven years ago. The group hosts events every few weeks around campus and is known for its community involvement.

Their involvement is taking its next step up the weekend of Nov. 13 through 15, as the club helps host and plan the annual Minnesota OUT! Campus Conference (MOCC).

This year will be the first decade marker for the conference, but this will be the first time that the conference is being hosted by Winona State.

Leah Bentfield, 2015 Winona State alumna and one of the heads of the conference, said she is excited to bring the conference to Winona State.

"Locality is one of the main reasons I wanted to be a part of this. It's nice to get the Twin Cities involved, but it

sometimes makes it harder to get southern Minnesotans involved in the conference," Bentfield said.

Having the conference on Winona State's campus, Bentfield said, is a good opportunity for not only Winona State students to get involved and learn more about the LGBTQ community, but also for more southern Midwest colleges, such as the University of Wisconsin-La Crosse and Viterbo University, to get involved.

"Not only did I want to help put this on for the locality," Bentfield said, "But I also know how much work full spectrum puts into their events, and I wanted it to be known and see all their hard work pay off."

After applying to host this year's conference, it was announced in January 2015 that this year's Minnesota OUT! Campus Conference would be held at Winona State.

The conference is open to the public and completely free for students, but non-students have a \$30 entry fee.

One of the aspects Bentfield said she loves most about the conference, is how

it is mostly people from around the area that attend, making the conference able to speak on more local issues, instead of looking at things from a nationwide standpoint.

"Just because we won the right for marriage, doesn't mean equity for all has been obtained," Bentfield said.

Speaking on issues such as how to handle LGBTQ problems on campus, at high schools and in the community are among the things the conference speaks on and helps with. Winona State students who attended the conference in the past have brought back lots of important knowledge, most of which have been key discussion points for full spectrum, Bentfield said.

"Being able to have conversations about change, and then make the change at home is just amazing," Bentfield said. "Having the conference local makes it much more accessible for students, not only that, but it also gives everyone the ability to connect with people you might see everyday, but not know much about."

Since joining full spectrum her freshman

year at Winona State, Bentfield said she has attended the conference two times since then and hoped to go more, but she was not able to due to other commitments during the time of the conference.

Bentfield said conference organizers hope to continue what was started this year and have other places around Minnesota host the conference each year to have the presence of the conference spread through the state.

Some of the other possible venues for the conference include Moorehead State University and Southwest Minnesota State University, Bentfield said.



BY ZACH BAILEY
news reporter
zsbailey14@winona.edu

winonan.winonastateu.com
CHECK US OUT

INCIDENTS SECURITY

OCTOBER 24

- RA's in Lourdes Hall requested assistance with a student who was being disorderly. The matter was referred to the hall director.
- 8:35 p.m.
RA's requested assistance from security with a drug violation in Sheehan Hall. The matter was referred to the hall director.

OCTOBER 26

- 1:10 p.m.
Security responded to Pasteur Hall because a student had passed out. The student eventually went to Winona State's health services.
- 8:20 p.m.
A student reported the theft of her laundry from the Sheehan Hall laundry room earlier in the day.
- 8:20 p.m.
RA's requested assistance with a drug violation outside of Tau Center. The matter was referred to the hall director.

OCTOBER 29

- 10:25 p.m.
Security discovered damage to Cathedral School that was recently acquired by the University. The matter was referred to the director of security.
- 11:35 p.m.
Security discovered alcohol being brought into Sheehan Hall by a resident's guest. The matter was referred to the hall director.

OCTOBER 30

- 4:47 a.m.
Security and law enforcement were summoned to Prentiss-Lucas Hall where someone was reportedly throwing rocks at the building. There was no damage, and the suspect was gone on arrival.
- 11:35 p.m.
Law enforcement requested assistance with checking on the welfare of a student on campus. Security located the student, who was referred back to law enforcement.

Lauren Praska: Profile of a student volunteering in Jamaica

Senior Lauren Praska, who is majoring in elementary education and minor-ing in middle-level math, has traveled to Jamaica twice for volunteer work.

Before her sophomore year at Winona State University, Praska said she was set on living in a suburb of the Twin Cities, in a community similar to where she grew up.

Now she hopes to teach low-income middle school students in an inner city, potentially outside of the Midwest.

Before she begins work as a teacher, Praska is looking into international work after graduation, either with the Peace Corps or a yearlong mission trip to 11 different countries. Praska also envisions working for a nonprofit organization some-time in her future.

"My heart is broken for those who live in extreme poverty," Praska explained. "I have the ability to serve other people, and I want to take advantage when I have the opportunity."

Praska's first trip to Jamaica was in the spring of 2014 with the college of educa-tion. Praska spent 10 days with approxi-mately 25 other Winona State students.

Five of those 10 days were spent volun-teering at Sunbeam Boys' Home, where 35 youth live. Praska explained a boys' home is different than an orphanage, because most of the boys living there do have fami-lies, but they cannot support them.

While at the home, Praska and the other volunteers engaged students in activities that were not school-based, like building relationships, and then started to work on school-based activities.

"People have needs other than educa-tion and content," Praska shared. "And those need to be addressed before we can get to educational content."

Because the trip was with the college of education, Praska explained her main fo-cus was to learn about an education system in another culture, but the trip ended up

being more than that.

"The biggest thing I took away from the trip was how I was able to bond with people who have nothing in common with me," Praska expressed. "They are middle school Jamaican boys, we couldn't connect by resources or materials, so we had genu-ine communication."

Praska said this trip changed the way she interacts with people. Because she could connect with those she has nothing in common with, she realized she can do the same with people she is close with.

"We all have something to offer each other, and that's huge," Praska said.

After returning from Jamaica, Praska and three other students contacted the home and planned their own trip for two weeks.

"When I got back from Jamaica, I knew the experience wasn't something I was ready to let go of," Praska explained. "It was still heavy on my heart."

Because her second trip was longer, Praska explained they were able to im-merse themselves into the culture. They were on the boy's schedule and did what-ever they did, like going to church and eating meals with them.

Praska said on this trip they tried to focus activities and conversations on edu-cation, because some of the boys can't tell colors apart or count their fingers.

"We asked them questions they have never been asked," Praska explained. "Having someone to listen to them is huge."

Praska and one other student have another trip planned for next summer for a more extended period of time. Praska said this is because there is so much need at the Sunbeam Boys' Home. They plan on working with them on social skills and how to interact with people.

Praska is raising money for groceries and school fees for the boys. There will be a fundraiser on Wednesday, Nov. 4 at the

gazebo from 1 to 4 p.m.

Praska gave advice for students who might be considering going on a trip like this.

"It is easy to stay in your comfort zone," Praska said. "Stepping out of your comfort zone is going to teach you so much about yourself, and you could find the thing you should be doing with your life. You will never know if you don't just try it."

Praska said serving others in this way is something she is really passionate about. She said she believes that everyone has a different passion they should devote their time to.



BY DANA SCOTT
features writer
dscott12@winona.edu



Senior Lauren Praska shows off pictures from her recent trips to Jamaica where she volunteered at a boys' home.



BY EMMA MASIULEWICZ
photographer
emasiulewicz12@winona.edu

Native American mother-daughter duo discuss mascots

Students, staff and Winona residents gathered in East Hall Monday, Oct. 26 to hear Donna Brown and her daughter Chelsey Luger discuss opinions surrounding the depiction of Native Americans as sports mascots.

Brown, the chief diversity officer and affirmative action officer at Minnesota State University, Moorhead, and Luger, a video journalist for "Now This News," presented "Native Americans & the Mascot: We can walk and chew gum at the same time."

Brown and Luger said not every Native American is on the same side with the mascot issue. Luger said it is not a cut and dry issue, it is extremely complex.

Brown said she has friends on both sides of the mascot issue, and they will always maintain diverse opinions, just like everyone else.

They said every Native American tribe is different, and they do not have the same traditions and cultures. Tribes can be as different from each other as one country is different from another country, Luger said.

"It is subtly racist," she said. "People need to understand that Native people are diverse and opinionated as every one else."

They said often times the violent, inaccurate mascot is all people see about Native Americans, leading people to think that they are all violent and savage.

"It is dehumanizing," Luger said.

They brought up how they are often asked, "Don't you have better things to worry about?"

The duo said it is ok for a native person to be concerned with cultural appropriation while also worrying about "more important things."

They said they are like everyone else and are allowed to have special interests.

They brought up the topic of other mascots and logos that depict other groups of people, like the Notre Dame Fighting Irish.

"Enough people know that Irish people are not all leprechauns or violent," Luger said.

Most people know an Irish person, and the mascot is not their only representation, unlike Native American depictions, she added.

With the presentation preceding Halloween, Brown and Luger discussed cultural appropriation in Halloween costumes.

"We know the importance of our regalia and feathers," Brown said. "Often times people do not know about our culture and our history."

Brown said there is no meaning behind the mascot's costumes, while Native people wear the regalia because they have meaning and purpose.

"If you see them as humans you wouldn't turn them into a costume," Luger said.

Brown added to Luger's comment, saying Native people are not the simplified and generalized version the mascots imply they are.

"Indian people are not only beads and moccasins, we are so much more," Brown said.

They said often times the costumes are hyper-sexualized and turn Native women into sex objects.

"I often tell my friends... if you wanted to dress like an Indian for Halloween why don't you just borrow my jeans?" Luger said.

"I am often asked what do Native people think about a certain mascot," Luger said. "It is too much pressure to be assumed that I can speak for the entire Native people population, nobody assumes one white person can speak for their entire population."

She told the audience if they see this happening to intervene and help the person who is put on the spot.

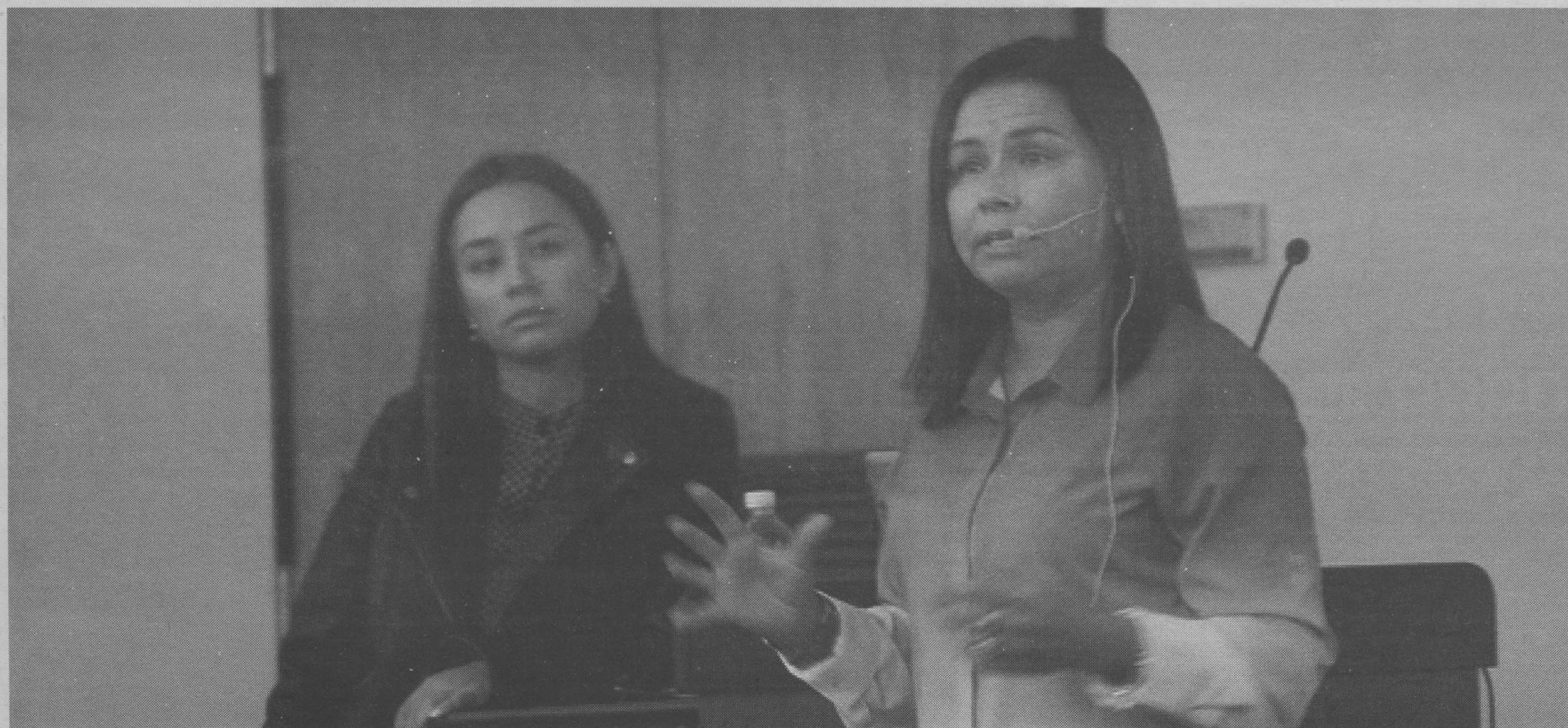
Brown advised the audience to learn more Native culture and not just what you learn in basic history classes, as she said.

"History in America did not start in 1492," Brown said.



BY MICHAELA GAFFKE

features writer
mgaffke12@winona.edu



Chelsey Luger (left) and Donna Brown (right) talk about Native American mascot issues in East Hall on Oct. 26.



BY TAYLOR NYMAN
photographer
tnyman12@winona.edu

Great River Reading Series hosts Jim Armstrong, Kim Chapman

Professor, ecologist holds conversation about mankind's complex relationship with nature

As part of the Great River Reading Series, Winona State University English professor Jim Armstrong and co-author Kim Chapman read sections of their book "Nature, Culture and Two Friends Talking."

Armstrong has been involved with the Great River Reading Series for many years and knows how important it is for students to participate in the readings.

"The series is a part of our curriculum so students can experience the working life of writers and get to meet actual living writers rather than just studying dead ones," Armstrong said.

"Nature, Culture and Two Friends Talking" contains conversations Armstrong, a poet who loves science, and Chapman, an ecologist who writes poetry, have had over the course of their 30-year friendship.

This conversation between Chapman and Armstrong is displayed within a series of emails and essays they have written together and to each other.

The book is organized into three questions. The first question was, "Does nature nurture the experience of people?"

To address this question, Armstrong and Chapman read different stories from the book about their own experiences with the natural world.

Armstrong read from an essay, which told the story of his daughter's first experiences with nature. The essay described how the city environment he was living in at the time contrasted with the woodland area his family was visiting.

Armstrong used detailed descriptions of the different grasses, the scent of the fresh air and his daughter's experience with nature, especially when she was picking and eating the wild berries.

"Her moon-like face was stained with the juices of wild berries," Armstrong read.

Chapman added to Armstrong's statement by describing his experiences staying with a farmer who also had a butterfly collection.

"He was a farmer by choice, and by passion, an expert on butterflies," Chapman said.

Chapman and the farmer compared their notes and both admired the collection of butterflies.

Along with sharing their passion about nature, Armstrong and Chapman discussed the current issues facing the environment,

like climate change and pollution.

To help discuss these issues, the second question the two friends address in their book was, "How does a lover of nature react to bad news about the impact of humans on nature?"

This question was answered through a series of emails Armstrong and Chapman had sent out to each other. The emails between the two friends showed the different sides of the discussion about environmental issues. Armstrong's views were cynical and unenthusiastic, while Chapman appeared apathetic and neutral.

After discussing their reactions, Chapman discussed his own teaching experience and how someone's outlook can affect their students.

"When talking about environmental change to younger people, we remain positive," Chapman said. "A dire outlook on the world can really drag people down."

As a way to promote a better outlook for the future, they discussed the third and final question brought up in the book, "What gives us hope about environmental changes in the future?"

Armstrong and Chapman approached this question with input from the audience. One audience member said she has heard her students talk about how they plan on growing their own food. Chapman said he has noticed, in his work as a private consultant, many companies incorporating eco-friendly practices as a way to sustain their businesses.

Armstrong connects campus nature to what he is teaching his students.

"When I teach poetry I try to get my students to go out and experience the world," Armstrong said. "I give them the assignment of finding a tree on campus and writing a poem about it."

Along with showcasing the different

reactions people can have to environmental issues and nature, Armstrong and Chapman's reading also inspired the audience to think about their own relationship with nature.

Senior Brittney Bluhm found the discussion insightful and got her to think about nature in a different way.

"Being from the city, I've never really given much thought to how others look at nature," Bluhm said. "My mom grew up on a farm and always talked about wanting to go back, so I was able to connect the discussion to her experience."



BY ELIZABETH PULANCO
features writer
epulanco12@winona.edu



Kim Chapman (left) and Jim Armstrong (right) read from their book, "Nature, Culture, and Two Friends Talking," on Wednesday, Oct. 28 in Haake Hall.



BY BRIANNA MURPHY
photographer
bmurphy14@winona.edu

From animals to superheroes...



The Skappel family visited Kirkland Hall Saturday as Winona State hosted trick-or-treating where students handed out candy in the residence halls.

Warriors proudly displayed their Halloween costumes on campus as they engaged in weekend activities.



PHOTOS BY JACOB STRIKER
photographer
jstriker14@winona.edu



Students dressed in costumes and attended Saturday's football game against Wayne State University. The Warriors defeated the Wildcats 45-31.



A student dressed as Flash ran through Kryzsko Commons on Friday while Batman trailed behind him.



Sophomore Abrahm Tieman dresses as V at Saturday night's video game club meeting.

College Democrats prepare for approaching election, College Republicans seek leadership

Equality and opportunity. If there were two words to describe what the College Democrats stand for, those would be the words.

After a previous section of the club fell apart after the 2012 election, students Chris Veeder and Adam Thompson decided to reinstate the club. Veeder took the position of president, while Thompson took the position of vice president.

The College Democrats officially became a club at Winona State University in the spring semester of 2014, just in time for the 2016 presidential election.

"We know there's a lot at stake this coming election," Veeder said.

Veeder said the club is made up of college students who hold a Democratic viewpoint when it comes to politics. He said they believe everybody should have the opportunity for education, women should have equal pay and there should be equal opportunity for all.

"We want to promote those values," he said.

Veeder said anybody who agrees with and wants to promote those values is welcome.

Since the club is new, Veeder said one of their main goals right now is to gain more members.

He said the club was promoted at Winona State's club fair, but their biggest forms of recruitment are through word of mouth and the enthusiasm surrounding the upcoming election.

"We think the excitement of the upcoming election will help build our coalition," he said. "With the election right around the corner, we've been able to get a lot of people interested in the club."

The club has been preparing its members and starting to think of ways to get students of Winona State more informed about all the issues, getting them ready and registered to vote.

"We've been having a lot of debate-watching parties," Veeder said.

He said the club watches both Republican and Democratic debates so they can be thoroughly educated on both sides of each issue.

With the election approaching, College Democrats are working to get people involved in and excited about voting.

The club will assist with voter registration when the election is closer.

The club meets every other Tuesday at 7 p.m. and

Veeder urges anybody who is interested in joining the club to email him at CVeeder12@winona.edu.

"I see myself and see this club as a way of promoting opportunity for all," Veeder said.

Until this year, a club called College Republicans was active at Winona State. Due to personal issues, the former president, Shane Will, could no longer give the group the time or attention he thought it deserved.

Will announced he was stepping down earlier this fall by sending an email to the members of the group. He offered the position to anybody who would like to take it, but there was no response from the student body.

Due to this, the club has not been active all semester long. If you are interested in College Republicans, contact Shane Will at SWill12@winona.edu



BY KALIKA VALENTINE-ERIKSON
features writer
kvalentineeri07@winona.edu

Object manipulation club: A profile of students playing with fire

Determination, skill and lots of practice—that is what it takes to spin hoops and perform poi, which is exactly what the object manipulation club is doing.

Poi and spinning are an art and sport combination using props like a hula-hoops to spin fire. Object manipulation was started at Winona State University after senior Kyler Steffe was introduced to the art.

"After my freshman year, I was hanging out with a friend of mine and he said, 'Hey, want to see fire poi?' That's how I really got started with it," Steffe said.

Members of object manipulation said, even though poi is such a fun thing to participate in, there is a deeper meaning in why they do it.

"We are all so busy with our lives, it's nice to be able to get out and let go of everything," senior Corey Mikorski said.

Like most hobbies people are passionate about, the reason the group does it is centered around the internal feeling they get when you partake in it.

"It's also a huge stress reliever," Steffe said.

According to sophomore Kacie Stolzman, object manipulation is always looking for new students who want

to get involved with the club, which can easily be done.

"I saw them at the club fair and I'd already been hooping by myself for two years, so I signed up," Stolzman said.

She also talked about the community aspect that accompanies object manipulation.

"It's nice to have a community to learn new moves from and get support from, and it's cool to watch," Stolzman said.

Since the club is not allowed to spin fire within 100 feet of buildings; they usually head to the edges of Lake Winona to put their fire to good use.

If you want to learn more, check out object manipulation in Lourdes Hall room 157 at 6 p.m. Thursday nights.



BY MADISON BOWE
features writer
mbowe14@winona.edu



Junior Garrett Shaft, object manipulation club member, practices poi.

PHOTO BY MADISON BOWE

Student group holds slam poetry nights

As finals week approaches, many students at Winona State University are looking for opportunities and events to rid their minds of built-up stress.

An unofficial club comprised of Winona State students believe their slam poetry nights are just what people need. They call themselves "Black Sheep."

On the first Wednesday of each month, the Black Sheep poetry group hosts a slam poetry night at Blooming Grounds. Starting at 7 p.m., poets get in front of microphones and share their writing with the audience.

Bethany Stavran, a member of the Black Sheep group, said the event is open to anyone.

"We try to get at least a set group of performers who we know are going to perform," Stavran said. "After they're done we open it up to anyone else who is feeling inspired or wants to try something new."

Stavran and Ben Strand built the slam poetry scene in Winona together.

"I went to [a slam poetry workshop] and met Bethany Stavran, who told me about a [slam poetry] event at Mugby Junction," Strand said. "I went and performed for the first time ever, and the rest is history."

Slam poets are given the ability to say whatever is on their mind as soon as they set foot on the stage. With topics ranging from racial issues or ex-lovers to thoughts on sexuality or finals week, every poet can have something to speak about.

"That's what makes slam poetry, and poetry in general, so great," Strand said. "It reaches all different audiences

and is relatable in so many different ways."

Stavran also finds diversity to be one of the outstanding characteristics of the events.

"It's up to the individual performer," Stavran said. "The nice thing about our [Black Sheep] group is that we have completely different styles."

The poets encourage audience interactions during their performances. The crowd will often shout in agreement with the poet, laugh at the sarcasm, and nod in empathy when there are connections.

These slam nights used to be held in Mugby Junction, but because of the growing popularity, had to be moved to Blooming Grounds.

"[Slam nights] usually draw a pretty big crowd," Stavran said.

Last year, the coffee shop would fill up completely. Now equipped with a stage and sound system, Blooming Grounds creates the environment the poets are looking for.

"It's a calm, coffeehouse setting that is perfect for things like slam events," Strand said. "People can come and watch the performers, work on homework, hang out with friends and it just has a really nice vibe to it."

Along with their monthly slam nights at Blooming Grounds, the Black Sheep poetry group also hosts other shows at various venues. On Nov. 18, they will be hosting a slam night at the Midwest Music Store starting at 7 p.m.

According to Stavran, even when a person feels as if they have nothing to say, slam poetry nights tend to inspire audience members and give them a chance to unleash their

voice.

"My favorite thing is when people attend a poetry slam for the first time, and at the end of it there's always a couple people who come up to me and say, 'I want to do that,'" Stavran said.

She explained how at a young age she was told she could not write poetry. After a couple friends wrote her name on a sign up for a slam event in high school as a joke, she sarcastically found her voice and knack for poetry.

"[Slam poetry] is just people finding that they have a voice and they don't have to follow what all the English teachers say they have to do," Stavran said.

Strand agreed with Stavran.

"I'm all about listening to content and hearing what other people have to say, no matter what way they say it," Strand said.

The slam nights provided by the Black Sheep give students a judgment-free zone to express who they are and what is on their mind.

"Everyone has something to say in what they write. [Poetry] is just a beautiful art form that is becoming more and more popular in today's world," Strand said. "It's a good outlet."



BY GINA SCOTT
features writer
gscott12@winona.edu

Have a features story idea?
Contact Ana Alexander at AAlexander12@winona.edu

Students engage in volunteer opportunities

Last fall, Kendra Weber was hired as director of student and community engagement, following Vicki English's retirement. Weber said she was under the impression the intent for University Improvement Day was for staff and faculty development.

"I heard more about it from the professional development side of things," she said.

Because of the confusion about the intent of University Improvement Day and the Oct. 21 Winonan story about the day's lacking participation, Weber emphasized student volunteering that occurs on campus.

Weber implemented a program called "Good Neighbors," where students go out on the weekend and clean up specified areas around campus.

Another program Weber implemented is called "Clean Sweep," which is a huge group clean up that takes place

after homecoming. Students pick up garbage on campus, work their way downtown and stop at the Veterans of Foreign Wars (VFW) post.

Last year, about 30 students showed up, but this year over 100 students participated in the event.

"They picked up probably 75 bags of garbage that day," Weber said.

In addition, Weber reinstated Winona State University's involvement with "Spruce up Winona," in conjunction with St. Mary's University. This event happens on a single Saturday in April, usually on Earth Day or near the actual day.

This year, 130 students went to about 72 locations and volunteered.

Weber said she is open to planning activities for students to participate in for University Improvement Day.

"If there was interest in doing another sort of clean up event on University Improvement Day maybe focusing on parks I would love to help," she said.

Weber urges students who want to volunteer to come to her office.

"I want to be a resource to people," Weber said.

See page 15 regarding a past article on University Improvement Day.



BY KALIKA VALENTINE-ERIKSON
features writer
kvalentineeri07@winona.edu

letters to the editor>

SPOTTED ON CAMPUS...



Students provide information about Breast Cancer Awareness Month by the gazebo on campus.



BY JACOB STRIKER
photographer
jstriker14@winona.edu



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Oops: A reporter's note

Regarding the article in the Oct. 21 issue on page 8:

"In a previous article about University Improvement Day, I made the claim that the day lacks participation and made the incorrect statement that no one took the director of student and community engagement position after Vicki English retired. I would like to apologize for making these incorrect statements."

-Kalika Valentine-Erikson

Read Kalika's follow-up article "Students engage in volunteer opportunities" on page 13.



See your opinions here!

Winonan Staff



Editor-in-chief: Allison Mueller
AMueller12@winona.edu



News Editor: Sam Stetzer
SStetzer12@winona.edu



Features Editor and Advertising Representative: Ana Alexander
AAlexander12@winona.edu



Sports Editor: Samuel Thiel
SThiel11@winona.edu



Photo Editor: Taylor Nyman
TNyman12@winona.edu



Copy Editor: Jordan Gerard
JGerard11@winona.edu

Business Manager: Torey Malerich
TMalerich11@winona.edu

SPORTS

Warrior football continues winning streak

After ending No. 1 Minnesota State University, Mankato's 40-game winning streak last week, the Winona State University football team squared off against Wayne State University, earning a 45-31 victory at home on Saturday against the Wildcats.

Winona State attained a total of 511 offensive yards while the Warrior defense limited the Wildcats to 286 offensive yards, with 70 of those coming in the passing game.

Junior quarterback Jack Nelson recorded another 300-yard passing game finishing with 336 yards while completing 20-of-30 pass attempts with three touchdowns.

Running back Paul Preston led the way in the ground game, earning 218 all-purpose yards, including 104 yards through the air with 58 on the ground.

His contribution resulted in an early lead, after the Wildcats gained the first points with a 30-yard field goal. Preston received a 40-yard screen pass and took it to Wayne State's 24-yard line. After Eric Birth ran it another eight yards, Nelson connected with Lorenzo Mitchell for the 16-yard touchdown, ending the first quarter 7-3.

Wayne State's response was a 16-play, 75-yard drive that ended with a 15-yard touchdown from running back Ryan Ludlow to go up 10-7 but it was the last lead the Wildcats took throughout the game.

Winona State countered with a trio of touchdowns to finish the first half, the first being from Birth on a 30-yard scamper to take the lead back 14-10.

"As soon as I broke the first tackle I thought 'there is no chance I cannot get in this end zone'" Birth said.

After a Wildcat punt, Preston's running game extended the lead 21-10 with a 19-yard touchdown with 2:06 left in the half.

A second straight forced punt by the Warrior defense gave the Warriors time for one last chance to find the end zone.

On the second play of the drive, Preston ran 66 yards down to the 13-yard line. The Warriors worked their way to the two-yard line with an 11-yard pass to Cameron Johnson followed by a two-yard score to tight end Nick Margiotta with 21 ticks on the clock to give Winona State a 28-10 halftime lead.

The Warriors could not replicate its first half success to start the second half as Alan May fumbled on the first Winona State drive. After a three-and-out by the Wildcats, Preston fumbled on the ensuing possession to give Wayne State excellent field position inside Warrior territory. The Wildcats finished with a six-yard run from Lane Yates to cut the deficit 28-17.

On the following kickoff, Zach Johnson laid a hit on Preston, jarring the ball loose at midfield, where the Wildcats recovered and later scored with a Ludlow touchdown to bring the deficit to four points, 28-24, halfway through the third quarter. Preston would have to leave the game after the hit.

"He got hit pretty hard," Winona State head coach Tom Sawyer said. "I had a good conversation with him so he was fine in that way. I think he definitely took a shot to the head. Just part of being tackled, but the doctor took a look at him and everything's looking positive now."

"After those touchdowns, we looked each other in the eye and said 'we got to face the adversity,'" senior linebacker Ian Murray said. "Finish the game strong and get the 'W.'"

After a 22-yard field goal from Carter McCauley gave the Warriors a seven-point lead, 31-24, Nelson connected with Johnson for end zone corner catch to increase the lead 38-24. Elliot Cox recorded a two-yard rush to add to the lead, 45-24. Despite one final touchdown by the Wildcats, the Warriors held on for the 45-31 final.

Birth ended the day as the leading rusher for Winona State, rushing for 76 yards on



Dylan Ulferts gets tackled by a pair of Wayne State defenders Saturday in Winona.



JACOB STRIKER
photographer
jstriker14@winona.edu

14 carries, averaging 5.4 yards per attempt. Preston led the receivers with 106 yards, while Johnson chipped in six receptions for 88 yards, May having seven snags for 60 yards and Dylan Ulferts hauling in a trio of catches for a total of 64 yards.

Defensively, Murray led Winona State with a game- and career-high 14 tackles, while linebacker Mike Imperiale had nine tackles. Lauden Wood posted five tackles, with 2.5 going for a loss, while recovering a fumble. Jarrett Wood recorded the lone sack for the Warriors and forced the fumble Lauden recovered.

As a team, Winona State used its offense efficiently, holding the ball for 23:46 compared to more than 36 minutes by the Wildcats.

"It was kind of scattered. I just don't think we had a good day tackling,

especially in the first half. Our scheme was fine, we just got to make tackles. We'll continue to work on that," Sawyer said. "When you get a change you just kind of throw all the stuff you worked on during the week out the window. That's our football team growing from within, adversity comes every game so to what we did is huge for our program."

Winona State (5-4, 3-2) hosts its final home game of the regular season Saturday against Augustana at Altra Federal Credit Union Stadium for a 1 p.m. kickoff.



BY KILAT FITZGERALD
sports reporter
kfitzgerald13@winona.edu

Want your club sport to be featured?
Contact Sam Thiel at SThiel11@winona.edu

Volleyball splits weekend road matchups

The No. 24 Winona State University volleyball team went 1-1 on the road this week, losing to No. 9 University of Minnesota Duluth before defeating St. Cloud State.

The Warriors improved their conference record to 9-7 after moving up one spot in the national rankings.

The Warriors fell to Minnesota Duluth 3-0 Friday night, ending a 5-game winning streak for Winona State.

Winona State jumped out to an 11-6 lead in the opening set, but a 10-1 Bulldog run put Minnesota Duluth in front, 16-12, which led to a 25-17 win for Duluth.

The second set began with another 11-6 lead for the Warriors. First-year Maria Wrage had a kill that put the Winona State up 20-17, but Duluth came back with an 8-2 spurt. The Bulldogs took the second set 25-22 while hitting its lowest percentage of the match at .333. The Warriors hit a match-best .273 in the set.

Duluth claimed a 25-16 third set win, a

set in which Winona hit .000.

"As a team, I think we have gotten to the point where the changes that we need to make are small, but difficult," sophomore Taylor Goar said. "I think once we figure out those little things we will be competing for the number one spot."

Wrage and Goar each recorded six kills while Wrage led the team with a .500 hitting percentage.

Sophomore Danielle Rampart led the team in kills and digs with eight and 10, respectively, while posting a hitting percentage of .304.

The Warriors swept Sunday afternoon's match 3-0 (25-20, 25-14, 25-11) in St. Cloud.

Leading the group in kills was sophomore Maria Fruechte and Taylor Goar with eight apiece while Maria Wrage and sophomore McKenna Larsen collected seven of their own. Larsen had a hitting percentage of .429 with 16 digs and a match-high 28 assists.

In the first set, neither team held more than a two-point lead until Winona State went on a 4-0 run. A Fruechte kill ended the set and gave the Warriors a 25-20 win.

Winona State began the second set with a 4-0 lead, which was followed with a 7-2 run to give the Warriors a 17-10 lead. An additional 5-0 spurt secured a 25-14 win for the Warriors. The Huskies collected more errors than kills, 8-7, in the second set while Winona hit .225 and tallied 13 kills with four errors.

Statistically, the third set was the Huskies' worst performance of the match. They collected five kills and nine errors. The Warriors began the set with a 6-1 lead after two straight service aces from Larsen. A 14-4 Winona State run gave the Warriors a 25-11 third set victory as well as a 3-0 match win.

Junior Jamie Carincross added 12 digs while Maria Wrage led the way with five blocks. Sophomore Lauren Kudronowicz and Fruechte had three blocks of their own.

"As we move forward and beat the teams that we need to, our confidence keeps building. That confidence creates a good atmosphere," Kudronowicz said.

Winona State head coach Joe Getzin said the team has not reached their peak yet.

"I don't think we're peaking yet," said head coach, Joe Getzin. "This past Friday was the first time that we started the same lineup that we started the season with. It's been a long season with injuries, but we're starting to mesh together."

No. 24 Winona State (15-8, 9-7 NSIC) continues its road trip this week with matches at No. 4 Southwest Minnesota State and the University of Sioux Falls on Friday and Saturday, respectively.



BY REID PETERS
sports reporter
rpeters14@winona.edu

Soccer concludes regular season play

On Friday the Winona State University women's soccer team competed against the Minnesota State University, Mankato Mavericks, falling 2-1 in Winona. The Warriors redeemed themselves the next day with a 2-1 win against Concordia-St. Paul.

With two and a half minutes left in the second half, the Warriors found themselves in a 2-0 deficit. They scored their first goal of the game when Mehan Bolton made an assist to first-year forward Abby Bohanski, who fired it inside the right post.

The Mavericks recorded 21 shots and Winona State posted 20. Eight of Minnesota State's shots were on goal, while the Warriors tallied seven and each team had six saves.

Bohanski led with six shots, with three on goal. Meg Riebau had five shots with one on goal, while Bolton, Kati Baker and Chase Rehm all posted shots on goal to add to the Warrior effort.

"We played very well as team and we did everything that we needed to do," junior defender Kenzie Rose said.

Warrior head coach Ali Omar said Friday's game was even on all aspects.

"Friday's game was an even match," Omar said. "Pretty much we were dead even on everything. It's one of those deals that if you don't finish your opportunities and you're playing a high power team like Mankato, then you end up paying for it."

On Sunday the Warriors traveled to St. Paul to wrap up the regular season with a

matchup against the Concordia-St. Paul Golden Bears, earning a 2-1 overtime victory.

Winona State had to win on Sunday to solidify a top four spot in the NSIC standings and have a playoff game at home Wednesday.

The Warriors had a season high in shots with a total of 41, with 23 of those on goal. However, it took the Warriors until the 80th minute to score, when Bohanski made her third consecutive score of the weekend to give Winona State a 1-0 advantage.

Eight minutes later the Golden Bears were able to break through the Warrior defense and found the back of the net to tie the score 1-1, forcing overtime.

In the extra period, the Warriors posted seven more shots. Nicole Sames found Bohanski who scored again to give the Warriors the victory. The game-winner also marked Bohanski's tenth goal of the season.

Bohanski led the Warriors again, putting six of her seven shots on goal. Riebau posted a game-high eight shots with four on goal while Bolton added six shots and three on goal. First-year Chase Rehm chipped in four shots on goal to add to the Warrior's scoring attack.

"I feel like we didn't come out with same intensity that we did against Mankato, but we had possession of the ball most of the game," Riebau said. "Our offensive strategy for the game was to finish all of our chances on goal."



The Warriors defend a corner kick Friday against Minnesota State University, Mankato.

Omar said the team is feeling confident going into Wednesday's game.

"We've been playing a tough defense the past two weeks and having great game played on Friday regardless of the results against Mankato, we're feeling good," Omar said. "The first time we played St. Cloud we had the opportunity to beat them. We out-played them and we out-shot them."

Rose said their defensive strategy for Wednesday's game is going to stay the same as it's been all season.

"We're going to continue to do what we



JACOB STRIKER
photographer
jstriker14@winona.edu

always do. Every single game we're talking to each other and communicating every second of the game, and I think if we do that we will be fine," Rose said.

Winona State (12-4-2, 9-4-2 NSIC) hosts No. 5 St. Cloud State at 5 p.m. Wednesday at Altra Federal Credit Union Stadium.



BY REAGAN JOHNSON
sports reporter
rjohnson12@winona.edu

Women's basketball sweeps opening tournament

College basketball is around the corner, and the NCAA implemented 31 rule changes for the upcoming women's season.

One major change is going from two halves to four quarters.

"It's still the same amount of time, we play 40 minutes either way," junior forward Emily Wirth said.

Another change involves the amount of fouls per team before the double bonus is applied. Now, each team is allowed five team fouls before sending the other team to the free-throw line to shoot two free throws instead of 1-and-1 bonus shots from past years.

Head coach Scott Ballard feels this new rule will help poor free throw shooting teams.

Lastly, a new rule that may only come into play in a few games but may determine the outcomes of those games is the sideline advancement rule.

"With less than a minute to go in the game, you can now call a timeout before dribbling or inbound the ball and advance the ball to the 28-foot line," Ballard said.

The Winona State University women's basketball team traveled to California to open up the start of the regular season at the CCA Division II Disney Tip-Off Classic.

They opened play against Cal State-Dominguez Hills Toros last Friday, earning a 66-63 victory.

Preseason player to watch Alexis Foley started with the first nine points of the game. The Warriors built a 12-0 lead with a 3-pointer by junior guard Tara Roelofs.

The score quickly jumped to 22-4 with juniors Kayla Timmerman and Emily Wirth, and sophomore Hannah McGlone all getting involved offensively. At the end of the first quarter, Winona State increased its lead 26-11 with 11 points by Foley.

The Warriors built a 20-point lead, 35-15, but the Toros used an 11-0 run of their own to cut the deficit to 35-26 to end the half.

Winona State senior point guard Connor Nagle came out in the second half hitting two threes on assists from Foley. The Toros answered by cutting the deficit to within six, 48-42, to end the third.

With less than four minutes to play, the Toros knotted up the score for the first time since the start of the game and later took their first lead, 58-57, with under three minutes to go. After exchanging baskets and tying the game at 61 apiece, junior forward Jenny Weiland scored five points and corralled a key defensive rebound, sealing the 66-63 win.

Foley finished with 18 points, seven assists and seven rebounds while shooting 4-of-8 from the field and 10-of-11 from the free throw line. Roelofs recorded 14 points, three assists and three rebounds while Timmerman added 12 points. The Warriors finished 24-of-25 from the free-throw line.

Winona State's next matchup was

against the Academy of Art Urban Knights, where the Warriors were in control the majority of the game. Winona State earned a 77-55 victory Saturday night at the Anaheim Convention Center.

Foley led the way offensively, scoring seven of Winona State's first 11 points to put them ahead 11-8. The Urban Knights would recover to take the lead 17-15 at the end of the first quarter.

In the second quarter, the Warriors outscored the Urban Knights by 10 to take an eight-point lead into the half.

The Warriors came out of the locker room by outscoring the Urban Knights 25-15 in the third quarter to take a 58-40 advantage. They carried the lead into the fourth, outscoring the Urban Knights 19-15 en route to a 77-55 final score.

Winona State had four players score in double figures: Foley (18), Roelofs (15), Nagle (13) and Timmerman (11). Foley, Nagle and Timmerman all dished out three assists each while Roelofs had a team-high seven rebounds. The Warriors also hit 22-of-24 from the free-throw line.

The Warriors wrapped up the Tip-Off Classic with a 73-49 victory Sunday against the New York Institute of Technology Bears.

Roelofs and Foley continued their scoring outputs in the first quarter, scoring eight and six points, respectively. Both hit a pair of shots from behind the arc but the Bears had a one-point lead at the end of the quarter.

At halftime, the Warriors led 31-27 with Roelofs scoring 10 points and having two steals along with Foley's nine points and two rebounds. Despite their lead, the Warriors were out-rebounded 14-17, but ended up forcing nine turnovers, resulting in 11 points. Hannah McGlone, Timmerman and Emily Passint each had two assists in the first half.

Foley hit a pair of three pointers to start the second half to bring the lead to seven in favor of Winona State, while Nagle added one of her own en route to the Warriors leading 49-37 at the end of the third.

McGlone and Timmerman extended the lead to 20 before a Roelofs three-pointer and a Timmerman increased the lead 69-43. The final score was 73-49 with Foley, Roelofs and McGlone all finishing with 15 points.

"It was so awesome being back on the court," Roelofs said. "We had so much energy and focus for each game. It was some of the most fun games I've ever played in."

Winona State (3-0) heads to Lincoln, Neb. Sunday for an exhibition matchup against the Cornhuskers before returning for its home opener against Saint Mary's University of Minnesota on Nov. 14.



BY VICTORIA LARSON
sports reporter
vlarson14@winona.edu

Behind the athletic tape: Warriors look to avoid injury

In recent years concerns have been brought up regarding athletes and injuries sustained from playing a sport. This raises the question: What precautions do athletes take to avoid injuries in order to perform at the collegiate level, and how do athletic trainers help these athletes?

Jesus Cazares, a junior on Winona State's baseball team, said fully stretching before practice or games can avoid injury.

"Whenever I feel any discomfort with my body, I make sure to let one of our trainers know," Cazares said.

Nathan Mollan, a senior on Winona State University's men's cross-country team, also said stretching is very important. He added lifting is another way he prevents injury.

"As a team we make sure that we always warm up properly before a meet. You have to do the little things right," Mollan said.

Stacey Czapslewski, head athletic trainer at Winona State, said the typical protocol when an athlete is injured during a game is an initial evaluation, where the athletic trainer determines if the athlete can return

to play or not.

"Sometimes on the initial evaluations of injuries it might be that the game is over for them and do some follow up evaluations with them after the game to see if we need to refer them to a physician or we can treat them within our athletic training facility," Czapslewski said.

Emily Meskan, a senior athletic training student, added, "Protocol between a game and practice are basically the same. We just have a little more time to make a decision during practice."

Cazares suffered from a small back injury and severe ankle sprain in high school. He said he was dedicated to his recovery and met with his trainer everyday in addition to physical therapy to work toward recovery.

"I had to focus on the recovery process. It was difficult to focus at times, as I had more than just sports happening in my life," Cazares said.

Mollan was injured the first day of his college athletic career, before he even

made the cross-country team, with a severe ankle sprain.

"I missed time-trials and the first few weeks of practice. It was really scary actually because I didn't know if I was cut out for college athletics," Mollan said.

While he was working on getting healthy by staying off his ankle, icing and partaking in other forms of cardio to stay in shape, his fellow first-year teammates were bonding.

"I really didn't get that initial connection. I still went to team dinners and other functions, but it was just a little harder," Mollan said.

To help athletes through the process of getting back to taking part in their sport, junior athletic training major Callie Sitter said, "We help athletes get back to their natural range of movements. We make sure that what they do here will apply on the field."

Czapslewski added, "Once we get beyond the acute stage of the injury, we do a lot of sports specific exercises."

Czapslewski says after a player gets injured it varies from player to player on whether or not they change how they approach their sport.

"Physically, we can get them back to play at the ability they need to; however, sometimes what hinders them is the mental aspect."

Although Cazares was injured he did not let it impact how he plays now or how he approaches the game.

"It has only encouraged me to get stronger to try to prevent further injuries," he said.

Mollan, however, said since his injury he tends to be a little more cautious.

"It was kind of a wake up call. Like I need to do the necessary things in order to stay healthy and be a part of this team," Mollan said.



BY ALEXANDRIA CARTER
sports reporter
acarter13@winona.edu

In the peanut gallery...

Each week sports reporters Matthew Lambert and Sam Thiel will face off on a hot topic in sports. The world of sports is changing quickly and constantly, but we want to slow it down and take a better look at the juiciest gossip, scandal, rumor or issue that is making headlines this week. Lambert and Thiel will take different sides and battle it out, telling you why you they are right.

As the NFL season continues, some players have been playing at an above-average level. However, there have been other players who haven't lived up to their team's expectations. This week, Matthew Lambert and Sam Thiel voice their opinions about which NFL players is considered to be overrated. Let's talk about it...

(Recap by Sam Thiel)

This week's topic: Which NFL player is overrated?

Growing up as a Minnesota Vikings fan, I learned at a very young age to hate the Vikings' division opponents: the Green Bay Packers, the Chicago Bears and the Detroit Lions.

And if there is one player on one of those teams I have grown up to hate the most, it is Lions quarterback Matthew Stafford.

Ever since arriving in Detroit in 2009, Stafford has posted average numbers with the exception of 2011, where he tossed 41 touchdowns and just 16 interceptions and led the Lions to the playoffs.

The first reason why Stafford is overrated is because of his lackluster statistics. Since 2009, Stafford has averaged 21 touchdowns and 14 interceptions in his seven-year career. I don't know about you, but I wouldn't want a quarterback who throws as many interceptions as touchdowns in a season.

Second, Stafford is overrated because he hasn't led his team anywhere. In his seven seasons under center, the Lions have only made the playoffs twice and they only played one game each time. In those two playoff games, Stafford has thrown just four touchdowns and three picks, solidifying my case for the fact that Stafford probably couldn't lead the Lions out of a corn maze.

Third, Stafford has made his teammates worse, statistically. Take his top wide receiver, Calvin Johnson, for example. This season, "Megatron" has only hauled in three touchdowns and 48 catches in eight games and has had only one season (in 2011) where he scored more than 12 touchdowns.

Stafford is just a horrible quarterback and has made Lions fans cringe season after season. But at least he has made my Thanksgivings a little more enjoyable with the Lions losing and Stafford playing like he has one arm tied behind his back.

In my mind, the quarterback position is the most difficult position in sports. They are in charge of knowing every position on the field, plus he needs to read the defense and change the play at the drop of a hat.

This position is insanely difficult, so is it fair for me to hate Jay Cutler as much as I do? To label him the most overrated player in sports?

Now, it's no secret, I'm a Vikings fan, but in this sense, I remain neutral. I dislike Cutler as a player with his inferior numbers in relation to his massive contract he's received from the Chicago Bears.

Cutler is currently on a seven-year, \$126.7 million contract. That is the largest contract out of any quarterback in the NFL. In his contract he has \$38 million guaranteed. What does the contract say about him? He has to play like an All-Pro, make the playoffs, and win Super Bowls. What has he done in his career? Nothing even close.

Cutler has never made a All-Pro team, he's barley made the Pro Bowl; only once in 2008. In 2010, Cutler made his one, and only, trip to the playoffs, playing two games. In those two games, he had 354 yards, two touchdowns and three turnovers. That's bad.

Look at his regular season stats. Here's the good: In 124 games, Cutler has thrown for 28,980 yards and 190 touchdowns. Here's the bad: 134 interceptions and 47 fumbles. That's 190 touchdowns to 181 turnovers. How does a quarterback keep his job for playing mediocre football, never winning in playoffs, and publicly fighting with his teammates?

Still, he's rewarded with one of the most lucrative deals in sports history. I don't get it. If I'm the Bears, I bite the bullet, deal Cutler, and become a cellar-dweller for the next three seasons, in hopes of finding another franchise quarterback. Cutler is overrated and an enigma for any team.

Tweet your thoughts on this topic!



Follow the Winonan on Twitter and let us know what you think.

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BY SAM THIEL
sports editor
sthie11@winona.edu



BY MATTHEW LAMBERT
sports reporter
mlambert11@winona.edu

WAY BACK WEDNESDAY...



Sophomore Mikaella Sabinash and junior Kenzie Rose block a corner kick against Bemidji State Saturday, Oct. 24 in Winona. The game resulted in a tie, 0-0.



JACOB STRIKER
photographer
jstriker14@winona.edu



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